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Province affirms safety of bridges

Following a bridge collapse in Montreal Sunday, a government spokesperson for Alberta said the province works to ensure "the safety of our infrastructure assets for Albertans."

An investigation has been launched into the cause of a highway tunnel collapse in downtown Montreal; however, provincial spokesperson Martin Dupuis said the Alberta government has a comprehensive system for bridge inspection.

● KATIE TURNER

Two dead in weekend drownings

An Alberta father is dead after trying to save his child without a life-jacket on Saturday. The 33-year-old victim from Redcliff drowned after attempting to swim back to shore after his kayak tipped in Cavan Lake, located about 30 kilometres southeast of Medicine Hat. The three-year-old was wearing a life-jacket. The man, who was underwater for five minutes, was declared dead after paramedics attempted CPR.

Also on Saturday, a 15-year-old drowned in the Oldman River in Lethbridge. The boy jumped into the river and did not resurface. His body was later recovered at about 10:30 a.m. Sunday.

● METRO



► From left: Hanza Zahid, Sajid Sayed and Adil Sayed engage in a prayer at the Al Madinah Islamic Centre yesterday.

Locals begin Ramadan with clear mind

► Calgary participants downplay threats from national organization ► Official says Norway attacks by anti-Islamic extremist do not reflect general perception



TODD VAUGHAN
CALGARY@METRONEWS.CA

As the holy month of Ramadan gets underway, Calgary Muslims are downplaying fears of violence following attacks in Norway last month.

The annual practice involving spiritual fasting of the body and soul began yesterday and, according to a local representative of the Islam Supreme Council of Canada, actions like

those taken by Norwegian mass-murderer Anders Behring Breivik are rare and misguided.

"What happened in Norway was tragic and alarming but it is not cause for Muslims to worry," said Syed Soharwardy.

Soharwardy's comments come despite a warning last week from the Canadian Council on American-Islamic Relations that high-profile, international attacks are often followed by a rise in

hate crimes and discrimination towards the Muslim community.

Sayed said some people will hold anti-Islamic beliefs regardless of what happened in Norway and that any discrimination, regardless of denomination, should be reported.

Others locals are looking to Ramadan itself for guidance following the attacks.

"Ramadan and religion are about making life better," said Sajid Sayed, a

Holy month

► The holy month of Ramadan lasts 30 days and features numerous local events for participants.

member of the Al Madinah Islamic centre in Calgary.

He added that fasting during the ceremony is not only about not eating but also cleansing bad emotions, including worries about extremism.

1

news


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The past decade has been good to a key player in former Alberta premier Ralph Klein's infamous 2001 visit to a shelter. Video at metronews.ca



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OILSANDS

Contractor dies after being injured on Suncor site

A worker died yesterday, after being injured Sunday at a Suncor site north of Fort McMurray.

The 55-year-old contractor was employed

by Flint Transfield Services and was working on Suncor's Firebag site at the time.

He was seriously injured when he was struck in the chest by a piece of equipment. He died in hospital yesterday morning.

Suncor has yet to release details on what he was working on at the time and what he was struck with.

Occupational Health and Safety Officers are investigating the incident.

● METRO

Fence fire being investigated

Crews were called to the northwest yesterday in response to a fence that was on fire.

Around 3 p.m., firefighters responded to a

residence on the 1400 block of 18 Avenue. Damage was contained to the fence; however, there was minor smoke and heat damage to the soffit of the house.

No injuries were reported, but two residents were evacuated as a precaution. The cause of the fire is under investigation.

● METRO

Celebrating 100 years



▶ Tom and Rena Bell show off their Bowness centennial T-shirts next to the community's original fire truck.

- ▶ Street performers, local artisans join 100th-anniversary party
- ▶ Community became part of Calgary in 1964



CANDICE WARD
CALGARY@METRONEWS.CA

When Claire and Daniel Girouard moved to Bowness in 1955, they had no idea they would be a part of the 100th-year celebration in the community that took place yesterday.

The couple has raised four children in Bowness and said they could not imagine living elsewhere.

"It is restful and a good place to retire," Daniel Girouard said.

The past few years, the Girouards have noticed quite a few positive changes in the communi-

ty and have enjoyed taking part in the community events such as yesterday's Bowness Turns 100 Street Party.

"It's a very nice, friendly community," said Claire Girouard.

The couple stood hand-in-hand while they took in some of the day's festivities.

56

The Girouards have been living in Bowness for 56 years.

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► Harry Daley of Lazy Day Raft Rentals said they currently have over 100 rafts and plan to buy another 20 to keep up with demand.

Rafters beat weekend heat

- Temperatures reached nearly 26 C on Saturday and 29 C on Sunday
- Heritage Day temperatures peaked around 23 C yesterday

Local retailers had a flood of customers as plenty of Calgarians spent a weekend filled with warm weather floating down the city's rivers.

"We've sold out three days in a row," said Harry Daley, manager at Lazy Day Raft Rentals. "We're having our best summer of the four years, so things

are good."

Wayne Martin, general manager at a northeast Canadian Tire, said stock of boats and personal floatation devices is run-

ning low.

"When the weather is nice, we see a rise (in sales) of 30 to 40 per cent," he said.

● KATIE TURNER



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Locals engage in Alberta heritage

Costel and Oana Anghel immigrated to Canada from Romania only six months ago.

Yesterday, they experienced our country's history firsthand during Heritage Day festivities at Heritage Park.

"People think Canada doesn't have a history because it is a short one, but that's not true," Costel said.

The two planned to attend the park yesterday long before realizing it was Heritage Day. The activities taking place at the park only enhanced the visit, Costel said.

1974 The year that Heritage Day was first celebrated in Alberta.

"You see that the history of all countries is not very different from each other," he noted.

Marilyn and Dave Butts, both homegrown Canadians, feels that the events put on at the park are a great way to celebrate the government day off.

"We came to celebrate the day (Heritage Day), and this place is the perfect place to celebrate this province's history," Dave said. ● TODD VAUGHAN



► Jason Devine.

Anti-racism posters replace hate

Community members in Forest Lawn spent the weekend tearing down posters with anti-immigration messages that were plastered around the area.

Posters with contact information leading to websites run by suspected Aryan nation group Blood and Honour had been pasted throughout the area. Anti-Racist Action Calgary member Jason Devine said a group of about 15 people spent Sunday tearing the posters down and putting up posters with anti-racist messages. ● METRO

News in brief

Firefighters pull rafters from Bow

RESCUE. Fire crews were kept busy yesterday, responding to four incidents involving overturned rafts on the Bow River. No one was reported injured. ● METRO

Warrants for Cold Lake murder

SUSPECTS. Cold Lake RCMP are treating a recent death as a homicide after a 29-year-old man was found dead in his Cold Lake First Nation home Saturday. Canada-wide warrants have been issued for Wayne Ernest Matchatis and Kenneth Leonard Matchatis. ● METRO

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Tense month for parts of Arab World

- Uprisings, unrest cast pall on start of Ramadan
- No sign opposition forces will ease up on protests

From Syria to Libya and Egypt, the traditional focus on piety during the holy month is likely to be eclipsed by more unrest.

Food prices — part of the economic hardships that catalyzed the ouster of the Egyptian and Tunisian leaders — are still climbing. And protesters have shown little patience for conciliatory gestures by governments after decades of empty promises.

Predictions of a tense Ramadan have already started to be realized. Libyan rebels are turning their weapons on each other, dimming hopes for the overthrow of leader Moammar Gadhafi.

Syrian security forces are escalating their crack-

down on protesters, killing 74 people on Sunday, with violence only expected to intensify throughout the holy month.

Egyptian forces chased off dozens of activists yesterday who had refused to end four weeks of renewed protests at Tahrir Square to pressure the country's transitional military rulers.

In response to the pressure from a new round of protests, the judiciary is promising to put ousted president Hosni Mubarak, his security chief and his two sons on trial this week for a range of charges from corruption to ordering the killing of protesters during the uprising.

The hearings are to be carried live on state television, broadcasts that could easily outshine the Ramadan television serials that Egyptians love to watch during the month.

"Before the revolution, Egyptians were like kindling waiting for a match," said Mahmoud El-Askalany with the consumer group Citizens Against the High Cost of Living. He was talking about the sense of frustration over soaring prices of food and consumer goods, as well as gross income inequality and nepotism that prevailed before the Arab uprisings.

"If anyone thinks that this has changed, they'd be wrong," he said.

THE ASSOCIATED PRESS

Somalis fast during famine

Muslims around the world mark sundown during the holy month of Ramadan that began yesterday with extravagant dinners after not eating from sunrise to sundown. That kind of nighttime celebration is unthinkable this year for most Somalis, who suffer empty stomachs during the worst famine in a generation.

Despite the lack of food, for Somalis it's a matter of faith to participate in Ramadan's fast, though Islam allows the ailing to eat. Others are ashamed they don't have enough food for the sundown dinner.

The UN says 2.2 million are in peril in a region of south-central Somalia controlled by an al-Qaida-linked group. However, the International Committee of the Red Cross said yesterday it was now distributing food to 162,000 people in south-central Somalia — the first large-scale distribution in the region since the beginning of the year.

THE ASSOCIATED PRESS

Fast. Pray



► A Filipino Muslim woman enters a mosque to pray during the first day of the holy month of Ramadan in the south of Manila yesterday.

AARON FAVILA/THE ASSOCIATED PRESS

Ramadan Underway

Religious authorities in most of the Middle East declared yesterday the start of the holy month of Ramadan, a period devoted to dawn-to-dusk fasting, prayers and spiritual introspection.

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Tunnel. Collapse



► Engineers yesterday inspect a concrete slab that fell Sunday on a major expressway in Montreal.

PAUL CHIASSON/THE CANADIAN PRESS

Fallout in Montreal

No one was injured in the collapse on the Ville-Marie expressway, the latest in a series of incidents that point to the city's crumbling infrastructure.

Fighting the 'Millennium Scoop'

► Poverty, addiction, history, politics have conspired to separate First Nations children from their parents

John Beaucage has given the heartbreak he sees around him a name: The "Millennium Scoop."

The First Nations leader was recently hired by the Ontario government to look into aboriginal child welfare and what he found — not just in Ontario, but across the country — was despair.

After decades of wrestling with the impact of the residential-school system — and then with the "Sixties Scoop" that placed so many aboriginal children in non-aboriginal homes — First Nations are now facing another tragedy of lost children in the new millennium.

There are more First Nations children in care right now than at the height of the residential-school sys-



ANDREW VAUGHAN/THE CANADIAN PRESS

► Jeremy Meawasige sits with his mother, Maurina Beadle, at home in Pictou Landing First Nation in Nova Scotia last month.

tem. That system was a national disgrace that prompted Prime Minister Stephen Harper to apologize for its catastrophic impact on natives.

Instead of being at home with their parents, brothers and sisters, tens

of thousands of First Nations children are in foster homes, staying with distant relatives or living in institutions.

"It's a culmination of decades worth of social ills," Beaucage says.

THE CANADIAN PRESS

Jeremy's story

► Jeremy Meawasige, 16, a Mi'kmaq from the Pictou Landing First Nation in Nova Scotia, pictured at left, has myriad challenges: Autism, cerebral palsy, hydrocephalus and a tendency to hurt himself.

► He is unable to care for himself and authorities want to send him to an institution out of province.

► His mother, Maurina Beadle, who suffered a stroke last year, has launched a formal court challenge.

► She argues that if her son were off-reserve, he would be entitled to far more funding and services than he is receiving now — funding and services that would enable her to keep Jeremy at home where he belongs.

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Restaurants 'zapping' sales data: Taxman

► Fraud suspected in 34% of all sales systems checked

One-third of Canada's restaurants may be cheating on their taxes by using sophisticated "zapper" programs and other software to hide their sales.

The Canada Revenue Agency has found an estimated \$141 million in phantom sales that were deliberately erased in electronic cash registers to dodge taxes.

The widespread fraud was uncovered in a three-year pilot project that analyzed electronic sales data at 424 restaurants to find faint traces of sales that were wiped clean.

A team of 14 data specialists discovered at least 143 cases of suspected

Market moment

TSX

Dollar (BMO)



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Oil



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Natural gas 1,000 cu ft \$4.188 US (+ 4.3¢) Gold contracts \$1,621.70 US (- \$9.50)

PRICES AS OF 5 P.M. YESTERDAY

transactions such as paying employees and suppliers in cash while not claiming the expense.

Restaurants that want to cheat often buy software with built-in hidden features, called "phantomware," that can remove sales records. Or they use stand-alone software — "zappers" — on a thumb-drive or CD that does the same work.

CRA spokesman Noel Carisse says "two cases have been successfully prosecuted resulting in fines and jail time. In addition, charges have been laid in six other cases." Other cases are under investigation. **THE CANADIAN PRESS**

fraud, each with an average of \$1 million in hidden sales. Much of the trickery involved hard-to-trace cash

DEBT DEAL REACHED

NYSE surges, slumps

An early rally on the New York Stock Exchange lasted all of 30 minutes yesterday after a slowdown in U.S. manufacturing.

Minutes after the market opened, the Dow Jones industrial average jumped 139 points, but it fell 145 points after the Institute of Supply Management



► Senate Majority Leader Harry Reid

said manufacturing barely grew last month. The Dow later recovered some of its losses and was down 10.75 points at closing.

Analysts had expected stronger manufacturing growth. It was the first ma-

yor economic report for July and could raise doubts about the predictions of many economists that the U.S. economy will regain momentum this year.

Many investors had expected the market to rally yesterday because President Barack Obama and the House of Representatives agreed to raise the U.S. borrowing limit by \$2.1 trillion and cut at least \$2.4 trillion in spending over 10 years. The measure must still gain approval in the Senate before it is signed into law.

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HEY — CAN I GET YOUR NUMBER?

SHE SAYS ...

JESSICA NAPIER
METRO



Last week, the popular men's lifestyle website Ask Men released the results of their fourth annual Great Male Survey.

The not-so-scientific study polled men in Canada, the U.S., Britain and Australia on various topics relating to sex, dating and relationships. The responses ranged from the predictable to the cringe-worthy. Let's take a look at how our Canadian guys answered:

The Good: Thirty-eight percent think having a family is the ultimate male status symbol. Family values beat out all other signs of manhood including a high-profile career, beautiful girlfriend and a hot car.

The Bad: Fifty percent would dump a girlfriend if she became fat.

"Notably (although, not surprisingly), the survey didn't pose the same question for the men. From this glaring absence we can assume that Ask Men didn't think it necessary to make an inquiry regarding the numerical value of a man's promiscuity..."

The Ugly: When asked, "At what point does a woman become sexually promiscuous?" Forty-one percent answered, "When she sleeps with her 10th sex partner."

Is this where we're at, everyone? Sleeping with 10 people earns you a scarlet letter P? I guess women should be empowered to enjoy their sexuality ... but just not too much.

Notably (although, not surprisingly), the survey didn't pose the same question for the men. From this glaring absence we can assume that Ask Men didn't think it necessary to make an inquiry regarding the numerical value of a man's promiscuity (insert exaggerated eye roll).

As much as I'd love to get into the double-standard argument, I'll skip the "why do we call women sluts while men get called studs?" speech for now.

Having the sexual-history talk with a new partner is a pretty awkward minefield. According to Ask Men, almost half of the Canadian men polled have lied about their number — either inflating or downplaying the total to protect their privacy, their ego or their partner's feelings.

The "how many is too many?" question comes up again in the soon-to-be released romantic comedy *What's Your Number?* In the film, the female lead spends 90 minutes trying to hook up with her ex-boyfriends in order to avoid making a new notch on her bedpost. This time around we're given a bit more leeway with 20 being the magic "too many" number, but the message is the same: for women, there is a limit when it comes to sexual encounters.

I have a lot of trouble with this need to classify people (both women and men) as promiscuous or prudish based on a number. Shouldn't we be taking into account age, lifestyle, religion, cultural background and a variety of other factors? That being said, should we even be trying to quantify sexuality at all?

Read more of Jessica Napier's columns at metronews.ca/shesays

RCMP program teaches youth self development

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one. The Stoney Nakoda First Nation is fighting an uphill

battle against crime, violence and substance abuse.

But now they've got the RCMP on their side. Twice a week, 25 boys and girls from Morley meet for the RCMP-led Stoney Tribal Cadet Corps Program.

Cadets learn marching drills, self-discipline and more.

And they're preparing to

go off reserve to meet cadets from elsewhere.

"The purpose of the program is to give the youth an alternative to joining gang activity," says program co-founder RCMP Cpl. Mel Calahasen.

"I believe it will promote the importance of attending school, provide life skills and self development.... It will teach the

youth to be respectful, compassionate, accountable and responsible."

● CRAIG AND MARC KIELBURGER

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metoweb.com and we will share them.

Tweets

- ▶ @speed_skater: 2 hour bike after work. Pretty stoked to still have SUN!!! #yyc
- ▶ @kimbobee: Just got pulled over by the rafting police. They look snazzy in their boating hats. #yyc
- ▶ @BellaItaliano: Wondering how long #YYC is going have this lovely weather for... I dont want it to end
- ▶ @Deathgriptattoo: Dear #yyc if you are too scared to drive downtown take a cab!
- ▶ @CdnChicka: #yyc transit drivers I find to be 75% rude
- ▶ @dougssymington: When considering the political landscape in North America, I take some solace in the fact that #yyc can produce both @pnharper and @nenshi
- ▶ @jedichica: After shopping in downtown #yyc I realized the quickest way to get service? Pick up a bottle of Chanel.
- ▶ @Ry_Blomfield: I don't think I can remember a summer with so many dragonflies. They are massive and gorgeous this year #YYC
- ▶ @Catalyst: a 24 Sitting in the sun writing a process flow for my companies impending ISO audit. So much for a day off. #yyc

Cartoon by Michael de Adder



WEIRD NEWS

Police vehicle confused with batmobile?

Pittsburgh police say a man tried to carjack a plainclothes officer near the filming for the latest Batman movie — and allegedly told him it was part of the script.

Det. Robert DiGiacomo was in

an unmarked vehicle around 7:15 p.m. Saturday, looking for a suspect in an assault.

That's when police say a man opened the car door, sat down and told the officer to get out.

The officer drew his gun and ordered the suspect, 21-year-old Michael Calamosca, out of the car.

He says the suspect told him he was part of filming for *The Dark Knight Rises* and that taking the vehicle was in the script.

Calamosca was taken into custody and faces a charge of robbery of a motor vehicle. **THE ASSOCIATED PRESS**





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2
scene

Box office



Little blue Smurfs and not-so-little green men from space are in a photo finish for the No. 1 spot at the weekend box office.

According to studio estimates yesterday, Daniel Craig and Harrison Ford's sci-fi Western *Cowboys & Aliens* and the animated family adventure *The Smurfs* both opened with \$36.2 million.

THE ASSOCIATED PRESS



For more Scene content, scan this code.

Not just another Idol

RICHARD DREW/THE CANADIAN PRESS

► **Canada Sings** features ordinary workers performing Glee-level routines ► **Judge Vanilla Ice** sees a lot of untapped talent on new show

Rob Van Winkle wants you to know that *Canada Sings* is not just another American Idol wannabe.

The 43-year-old singer and handyman, a.k.a. Vanilla Ice, joins Jann Arden and Simple Plan's Pierre Bouvier as judges on *Canada Sings*, which launches Aug. 3 on Global.

"We all know the impact *American Idol* has had all over the world, but this is a completely different show, very heartfelt," says Van Winkle. "To see some of these people get over their personal hurdles, it's very inspiring and uplifting."

While it seems like there is a different star search show launching every other week on TV, Canadians can't seem to get enough of them.

The *Voice*, America's *Got Talent* and *So You Think You Can Dance* Canada are among the biggest hits of the spring and summer.

More talent shows are on the way, including the City spin-off *Canada's Got Talent*, the CBC's upcoming *Cover Me Canada* and Simon Cowell's highly-anticipated follow-up to *American Idol*, called *The X Factor*.

Canada Sings, however, is different from the rest. While it shares the famil-

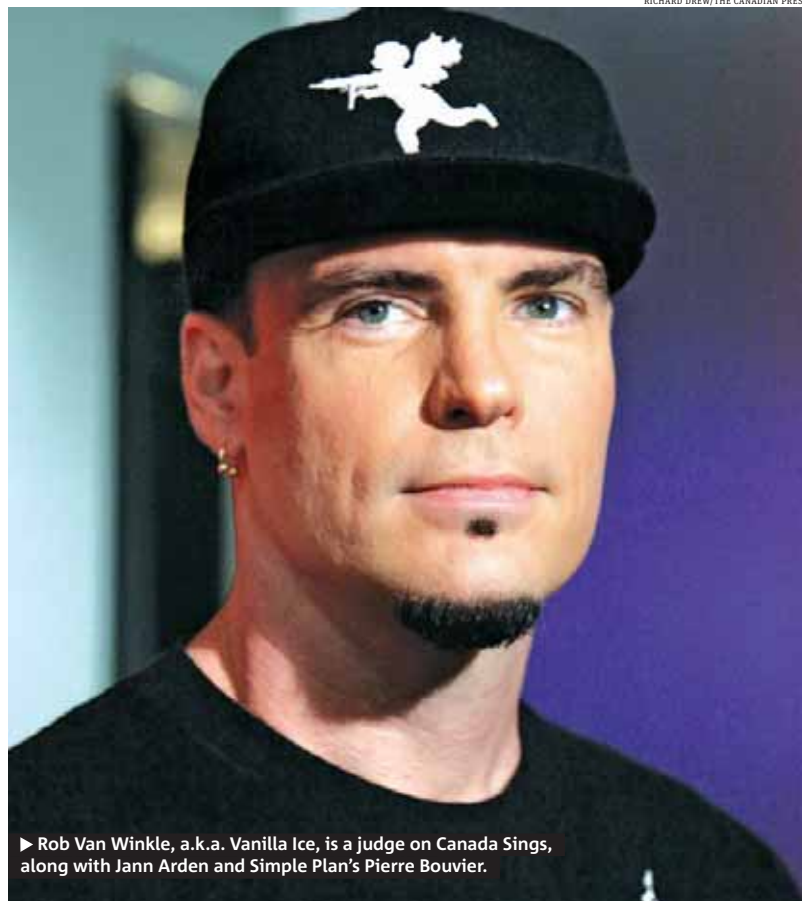
iar three-judge format and there is prize money (a modest, even by Canadian standards, \$10,000 to charity), the show plays more like *Undercover Boss* than *Canadian Idol*.

After a six-month search, 12 teams of ordinary workers were chosen for the competition. Each of the six episodes features two teams going through an intense, week-long rehearsal led by choreographers Kelly Konno and Christian Vincent and vocal coaches Scott Henderson and Sharron Matthews.

Then, these collections of more-or-less amateur entertainers are thrust onto a stage where they are expected to perform a Glee-level song and dance routine.

The first episode features a crew of blue collar, junk-hauling *West Coasters* from 1-800-GOT JUNK versus *The Zooper Stars*, 12 animal lovers from the Toronto Zoo's Animal Health Care Centre. Much of each episode is spent getting to know these folks.

"We found, as we were shooting and editing, that this show really told us what it was about," says executive producer John Brunton, who has the talent search format down cold after producing *Can-*



► Rob Van Winkle, a.k.a. Vanilla Ice, is a judge on *Canada Sings*, along with Jann Arden and Simple Plan's Pierre Bouvier.

dian Idol and *Battle of the Blades*.

Brunton says Canadians will relate to and might even fall in love with characters from the singing teams. Unlike *Battle of the Blades*, a huge hit in Canada but a harder sell internationally, Brunton sees all kinds of potential to export the *Canada Sings*

workplace talent format around the world.

Then there are the endless built-in product placement opportunities. As on *Undercover Boss*, there are moments when *Canada Sings* borders on being an infomercial.

The Toronto gang from the *Keg Steakhouse* and *Bar*, for example, should

all get bonuses, and *Air Canada* and *GoodLife Fitness* are probably down with their employees getting national network face time.

Van Winkle says viewers should try and get past that skepticism and just embrace the positive aspects of the series.

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Was singer preparing to become a mother?

► The late Amy Winehouse was reportedly in the final stages of adopting a young girl from St. Lucia before she passed away in London last week

Before her death, Amy Winehouse was reportedly in the process of adopting a 10-year-old girl from St. Lucia, where she'd spent much of 2009, according to the Daily Mirror.

"Amy was already my mother," the girl, Danika Augustine, says. "I would call her Mum, and she would call me her daughter. She took care of me, and we had fun together. I loved her, and she loved me."

● METRO



► Amy Winehouse

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Dish briefs

There's something about Alex

A GREAT CATCH. Despite breakup rumours last month, relations appear to be fine between Cameron Diaz and Alex Rodriguez, according to People magazine. Sources spotted the pair dining out in Miami over the weekend to celebrate the Yankee slugger's 36th birthday after cruising around the area on a yacht. "They sat near the water at Smith & Wollensky in Miami Beach and had a great time," a source says. ● METRO

Franco: Where is the love?

MONKEY TROUBLE. James Franco isn't feeling the love from the press, and he's worried his new film, *Rise of the Planet of the Apes*, will suffer for it. "Critics will be out to kill this movie and blame me for it just because they are out to kill me. Last year people were pretty nice. This is the year when people are going to have fun going after me," he tells *Playboy*



"All your facial features are on the lower bottom half of your head. Disturbing."

@JerrySeinfeld



@EllenPage

"I feel insane right now. Like Ashley Judd in the movie about the bugs"

@JonahHill



"I bet if you asked Jay-Z to list his 99 problems he'd get stuck at around 4."

@ElizabethBanks



"Dear Atlanta, I'm totally into you. Let's date for a while. Have some fun. Where should we go? smooches!"

magazine. "There are people who have it out for me for other things. They see me do this movie but really it's about something else."

● METRO

Sheen to appear on Big Brother?

Charlie Sheen may be back on TV sooner than expected, as the troubled actor has reportedly signed a deal to ap-



► Charlie Sheen

pear on **Celebrity Big Brother** in the U.K., according to the Daily Star.

While network spokespeople aren't confirming any contestants yet, a source says Sheen will be flying to England in the next two weeks for filming after inking a \$9.8-million deal.

"It would be unbelievable. A producer's dream. No one would want to miss the chance of seeing what he's up to and hear the wacky things he's been saying," a source says.

"And let's face it: he's been saying some crazy stuff recently."

● METRO

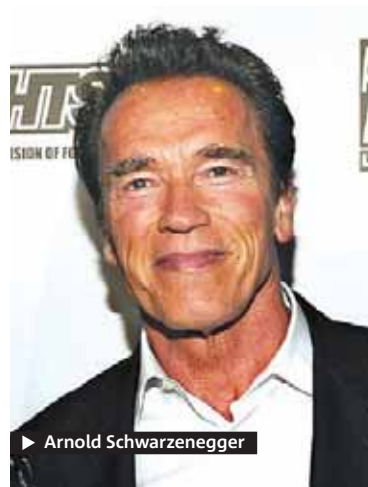
Maria, Arnie make nice

Just because Maria Shriver and Arnold Schwarzenegger are in the midst of a contentious divorce battle doesn't mean they can't celebrate a birthday together.

Shriver showed up, along with the couple's two sons, to a dinner in L.A. for Schwarzenegger's 64th birthday, according to *Us Weekly*.

In fact, Shriver even covered the bill.

"Maria grabbed for it. She was already pulling out her wallet and gave her credit card to the waiter," a source says. "While she gave him the card, she also ordered Arnold an espresso."



► Arnold Schwarzenegger



► Maria Shriver

Schwarzenegger reportedly referred to his estranged wife as "darling" as they left, but the birthday boy still went home alone. ● METRO

3
life

Go nuts



Large population studies have found frequent nut consumption to help people lose weight and decrease their risk for heart disease and diabetes, says Dr. Cyril Kendall, a research scientist in the department of nutrition at the University of Toronto.

● CELIA MILNE



Scan this code for more
Life content.



► Eating a small amount of nuts regularly is a great nutrition choice.

Not so nutty science

► New study shows eating certain nuts can help manage Type 2 diabetes ► The nut mixture shown to improve blood glucose levels, help reduce cholesterol in those affected patients



CELIA MILNE
LIFE@METRONEWS.CA

It may sound nuts, but it's true. Even though they are full of fat, nuts could help control Type 2 diabetes.

"What's nice about nuts is that they are healthy and people enjoy eating them," says Dr. Cyril Kendall, a research scientist in the department of

nutrition at the University of Toronto. "They are easy to eat as snacks or can be incorporated into a variety of healthy dishes. It would be best if they were used to displace less healthy foods in the diet ... such as white bread."

To study the effect of nuts on people with Type 2 diabetes, Kendall and colleagues at St. Michael's Hospital and the University

of Toronto divided 117 subjects into three groups: those who received a daily supplement containing muffins, those who received a daily supplement containing raw nuts, and those who received a daily supplement containing a mixture of muffins and nuts.

The nut mixture contained raw almonds, pistachios, walnuts, pecans,

hazelnuts, peanuts, cashews and macadamias.

After three months, results showed that eating two ounces (about two handfuls) of nuts a day in place of a carbohydrate has two healthy effects: it helps improve blood glucose levels and also helps reduce cholesterol. The people in the study had Type 2 diabetes and were taking medication for it.

These reductions — in blood glucose levels (which need to be controlled in diabetes in order to avoid complications) and cholesterol — were on top of that already seen with drugs. Reductions in cholesterol are good news, said Kendall, as this decreases risk for coronary heart disease. The study was published recently online by the journal Diabetes Care.



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Learning from Amy

► Cold turkey wrong way to quit the bottle, experts warn after details of Winehouse death begin to surface

Alcoholics everywhere are being warned not to go cold turkey when trying to put down the bottle following reports singer Amy Winehouse ignored her doctor's advice to cut down on her heavy drinking gradually.

Britain's Sun tabloid is citing family sources as saying the 27-year-old Rehab singer died a week ago as a result of a seizure brought on by a sudden three-week abstinence from booze.

According to the report, the family believes her tiny frame could not cope with the loss of alcohol in her veins after many years of binge drinking.

Now, Canadian addiction specialists are confirming that such a dramatic withdrawal from drugs or alcohol can indeed prove lethal.

"To go to zero is extremely dangerous because the body develops a level of chemical requirement," said Rob Hadley, program director at the Vancouver Addiction Centre.

"To not have that met,

one literally does go into shock."

Quitting requires addicts to get treatment from professionals that will reduce dependency without risking their health, he said. The Vancouver Addiction Centre eases addicts onto less concentrated alcohols such as beer or wine for one to two weeks and gradually eases them down from there, said Hadley.

Alcohol slows the heart down because it's a depressant, said Daniel Jordan, the director of the Sunshine Coast Health Centre. This can cause those who are attempting to quit cold turkey to suffer a seizure or heart attack.

Unlike the Vancouver Addiction Centre, Jordan's facility gives alcoholics Valium in order to reduce the risk of injury in attempting to quit.

"Alcohol is one of the most dangerous drugs to detox from," said Jordan. "The chance of dying from a withdrawal from alcohol is actually much more dangerous than heroin."

THE CANADIAN PRESS

FILE PHOTO/THE ASSOCIATED PRESS



► British singer Amy Winehouse performs during her concert at the Volkshaus in Zurich, Switzerland. Winehouse was found dead July 23, by ambulance crews who were called to her home in north London's Camden area.

Canada unaffected by new dose

Johnson & Johnson is reducing the maximum daily dose of its Extra Strength Tylenol pain reliever in the United States to lower risk of accidental overdose.

The company's McNeil Consumer Healthcare Division says the change affects Extra Strength Tylenol sold in the U.S.

Labels on the U.S. bottles will now list the maximum daily dose as six pills, or a total of 3,000 milligrams.

The change does not affect Canada.

The maximum daily dose for Extra Strength Tylenol in Canada is eight pills or 4,000 milligrams per day.

THE CANADIAN PRESS

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Pranic Healing is an ancient science and art of healing introduced by Grand Master Choa Kok Sui in the early 1990's. It is a highly advanced and potent, no touch, and no drug healing modality. In Sanskrit, 'Prana' means life force, which is synonymous with 'Chi' in Chinese or 'Ki' in Japanese.

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2. Law of life-energy

Pranic Healing can be used for treating as well as preventing physical, mental, emotional, and psychological problems. These techniques can be applied collectively in one's day-to-day life, including in maintaining one's relationships, finances, pets, plants and homes. Pranic Healing can also assist in the safe and rapid growth in one's spiritual journey.

Bodhi Well-Being & Healing Center conducts regular Pranic Healing workshops and meditation evenings in Calgary. For more information please contact Dr. Jyoti Dekate at (403) 918-6225.

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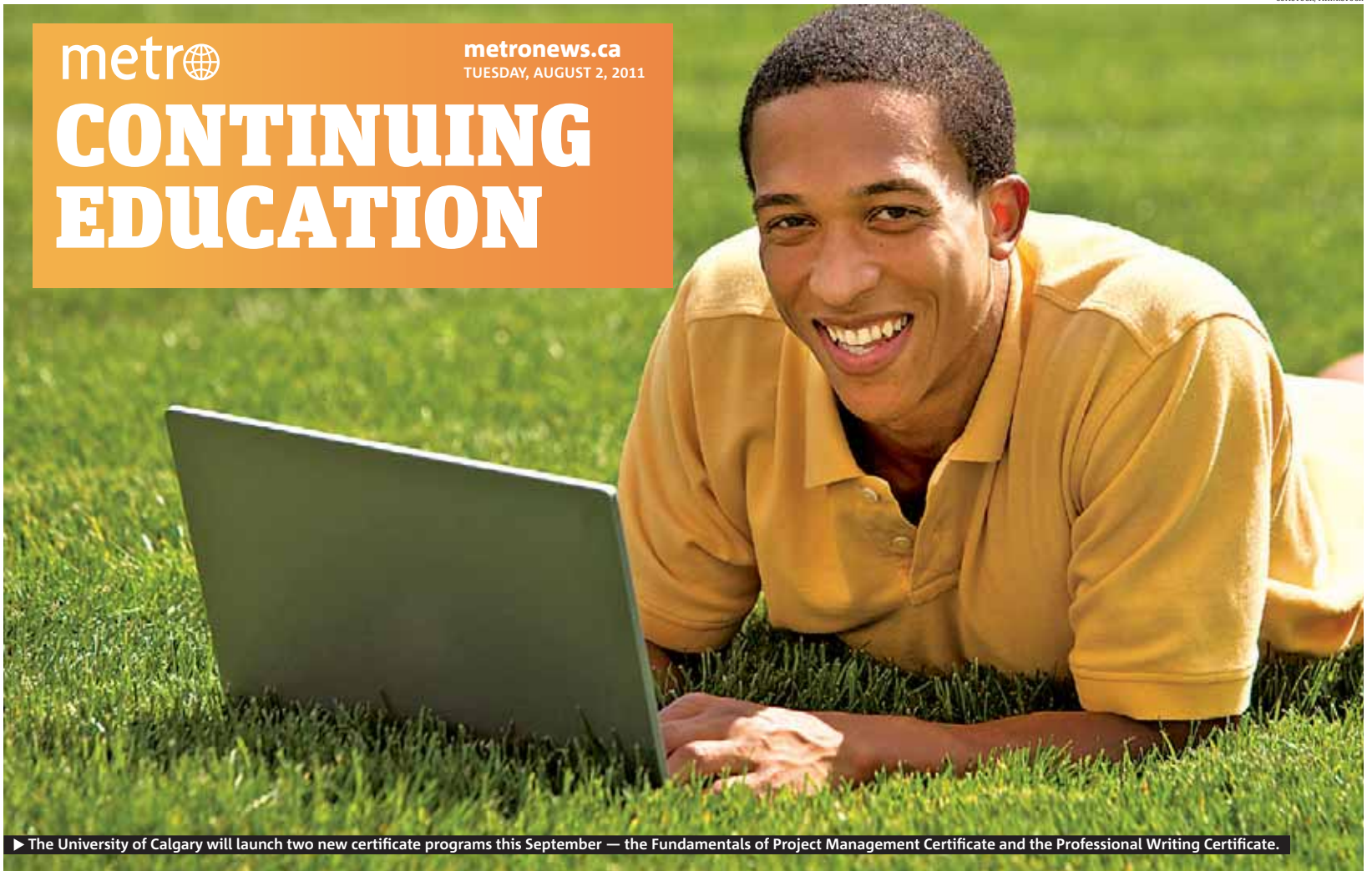
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CONTINUING EDUCATION



► The University of Calgary will launch two new certificate programs this September — the Fundamentals of Project Management Certificate and the Professional Writing Certificate.

Write this way at the University of Calgary

Writing and project management are among the most in-demand skill sets in today's workplace, which has led to the launch of two new certificates this September in the University of Calgary's Continuing Education department.

The Fundamentals of Project Management Certificate program relies on best practices to prepare students for real-world projects. Through this program, students will develop a thorough knowledge base, which they can use to prepare for a professional designation.

The program aligns with both the Project Management Professional (PMP) and the Certified Associate in Project Management (CAPM) designations.

Students who pursue the Professional Writing Certificate can focus on business and technical writing or marketing and public relations.

This flexible, interactive, completely online program looks at all aspects of this field, including writing for social media — a topic that is top of mind for writers today. For more information, see cont-ed.ucalgary.ca.

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● JANE DOUCET

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Plan your own adventure

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If you love to travel but would rather do your own thing than join a tour, a new continuing education course being offered this fall by the Calgary Board of Education's Chinook Learning Centre might be just the ticket for you. From 6:30 to 9:30 p.m. every Wednesday in October at the Viscount Bennett Centre campus, you will explore the various options to help make your dream adventure fit your travel style and budget.

Instructor Linda Johnson has more than 30 years of travel experience and has visited more than 50 countries. This course is designed for those who want to plan anything from a trip down Zambia's Zambezi River to a European getaway. To register, call 403-777-7224.

Screenplay basics

If you have always aspired to achieve Woody Allen or Nora Ephron screenwriting status, you can begin by learning the fundamentals of writing for the screen in this new continuing education course this fall by the Calgary Board of Education's Chinook Learning Centre.

In addition to class assignments and activities, instructor Mary Murphy will teach students such film art essentials as character, plot and setting, as well as how to format a screenplay, develop an original idea and adapt an existing story. The class will work together as a collaborative workshop group Nov. 19 and Nov. 26 from 9 a.m. to 3:30 p.m. at the Viscount Bennett Centre campus. To register, call 403-777-7224.

SAIT targets marketing in the digital age

The new Digital Marketing Communications program being offered this fall at Calgary's SAIT Polytechnic main campus is designed to meet the urgent demands in the business sector to address the explosion of marketing opportunities through digital channels.

Students must complete all 10 full-day courses in the program, which starts Sept. 22, in order to earn their certificate. The coursework will help students understand this emerging industry and pro-



► Take advantage of continuing education courses in and around Calgary.

vide the necessary knowledge to take a leading role in moving a business ahead in this exciting new field. For more information, contact the School of Business at 403-210-4340 or email bus.continuing.ed@sait.ca.

Bow Valley College takes time for tea

Bow Valley College is inviting Calgarians to "Live a Better Life" with its new Tea Sommelier Certificate program. A partnership between the college and the Tea Association of Canada, the program is designed for those who wish to expand and enhance their love of tea. Classes for the Tea Sommelier Certificate are open to general registration and can be taken individually; however, each of the eight classes must be completed prior to writing the Tea Sommelier Certificate examination.

For more information, visit liveabetterlife.ca or call 403-410-1546.

Mount Royal offers spa programs

Mount Royal University's Community and Health Studies continuing education department has two new spa-related courses starting this fall: Foundations of Spa Therapy and Spa Regulations and Safety. In the first program, students will explore a definition of spa and wellness and gain an essential his-

torical reference for this industry. In the second program, students will learn about the risks involved with property, equipment, products and treatments of a spa environment.

You will learn to write policies, procedures and protocols that protect the spa therapist, the client and the business. For more information, call 403-440-3833 or 1-877-287-8001.

ACAD bonds with bookish types

Who says books are going the way of stone tablets? People are not only still reading bound books, but they're also making them. You can, too, if you enrol in the new Hand Made Books course at the Alberta College of Art + Design in Calgary Nov. 5 and Nov. 6 from 9 a.m. to 4 p.m.

The instructor, Calgary multimedia artist Dirk van Wyk, will teach students how to create books through demonstrations and hands-on experience. He will start with a simple stitched pamphlet, then move into Japanese stab, accordion and stitched section books. You'll discover the advantages and appeal of each of these bindings, as well as how to make informed decisions about which type to use on specific projects. For more information, visit acad.ab.ca/extended_studies.html.

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Some might say Anjana Magpu is an overachiever: Director of a private clinic, single mom to a teenager, and studying not just for her masters in social work, but a full course of French at Alliance Francaise.

Magpu, however, doesn't look at it that way. "I pretty much take each day as it comes, and, fortunately, I work really well under pressure. I may not have much social life, but I take time for myself — to read a good book, or sleep in when I need it."

Magpu is not alone. Countless students are handling work and family commitments while they study. Of the 38,000 enrolled at Calgary's Athabasca University, considered the largest distance education facility in Canada, a staggering 81 per cent hold down full-time jobs.



Michael Shouldice, Athabasca's senior recruitment officer, says the university provides online tools to prepare students for what lies ahead.

He recommends they come to it knowing what they like, because that "will motivate you through the hard work."

Career counsellor Marlene Haley has many clients in the same juggling boat while they retrain for the career of their dreams.

The key, she says, is good time management: "Work is work and defined, but juggling the house,

child care and study is where it can get dicey and you have to be disciplined."

But first you need to know what you're dealing with, says Haley, who regularly prepares clients through her company Find Work You Love.

That means boning up on study skills, speed reading, and exam writing before the first class.

Once you're in the thick of things, break down your schedule into daily, weekly, and monthly plans.

"If the going gets really tough," Haley adds, "break it down even further into hourly plans — you'd be surprised what you can get done in 15 minutes. Then monitor the plan to see how it's working, and whether it needs modifying."

She also suggests knowing when you work well, and using that productive time to accomplish the important things, rather than letting it dribble away.



"There I was... on holidays in Florida... doing my coursework by the pool! Learning just doesn't get any better than that."

Shannon Horne, Graduate, Adult Learning Certificate, with a specialization in Adult and Community Education

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Good thinking

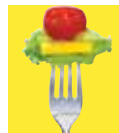


Drink, eat, drink, repeat at Craft Beer Market

► These eats are definitely a step up from standard North American pub fare

LUNCH RUSH

ANH CHU
FOOD@METRONews.ca



Craft Beer Market, located in the former Mother Tucker's

restaurant, features more than 100 local and international beers on tap. Salads, pastas, flatbreads and burgers round out the food menu.

We started with the fast food sushi (\$11); a cheeseburger and fries wrapped with bacon — unexpectedly tasty without heaviness.

► **Craft Beer Market**
345 10th Ave. S.W.
403-514-2337
craftbeermarket.ca
Reservations: Yes
Social lunch: Yes
Price range: \$9 - \$36
Rating: 4 out of 5



► Fast food sushi: A cheeseburger and fries wrapped with bacon.

I ordered the inferno burger (\$14) with jalapeno, poblano peppers, avocado and 8 oz. of local Spring Creek Ranch beef. Pretzel dough makes for buns with a chewy texture.

My friend ate a tangy and delicious Asian-in-

spired spicy tuna wrap (\$16) with grilled peppers and crispy noodles.

The menu reflects the beer theme, with beer-infused salt, cheese and even cupcakes. You should try the bier-amisu (\$7), Craft's tiramisu, which substi-

tutes espresso with stout.

Every item is available gluten-free for an extra \$2. The restaurant is busy at lunch so reservations are recommended. You'll be pleasantly surprised at the value, quality and scale of beer and food options.

Yogurt Panna Cotta



Preparation:

1 Preheat oven to 180 C (350 F). Bake almonds until golden, about 10 minutes.

2 Into small bowl, pour water and sprinkle gelatin over it. Let sit for 10 minutes.

3 In heavy saucepan over medium-high heat, simmer cream and sugar, stirring until sugar dissolves. Add almonds; mix with hand blender. Remove from heat and let sit for 10 minutes. Add gelatin mix and stir with whisk until dissolved. Strain almond cream into yogurt and add vanilla.

Ingredients:

- 125 ml (1/2 cup) sliced almonds
- 50 ml (1/4 cup) water
- 12 ml (2 1/2 tsp) unflavoured gelatin
- 300 ml (1 1/4 cups) whipping cream
- 125 ml (1/2 cup) sugar
- 500 ml (2 cups) plain low-fat yogurt
- 5 ml (1 tsp) vanilla

4 Divide mix among 8 custard cups. Cover and chill overnight. Run knife around edge of each cup to loosen. Set each cup in shallow bowl of hot water for 10 seconds. Invert onto plate. **THE CANADIAN PRESS/ LIBERTE YOGURT**

A remake of the classic mac n' cheese

► This recipe uses ground turkey and diced seasoned tomatoes to give the usual flavour a brand new kick

Preparation:

1 In large, non-stick skillet, heat oil over medium high heat. Brown turkey until fully cooked, breaking into small pieces with a wooden spoon. Transfer to plate.

2 In large saucepan, melt butter over medium high heat. Stir in onion and cook until translucent, about 5 minutes. Stir in garlic and cook just until fragrant, but not browned, about one minute. Whisk in flour, and cook until it combines in a thick paste, about one

minute. Continue whisking and slowly pour in milk. Bring to boil and reduce heat to maintain a simmer, whisking often, until sauce is thick, about 10 minutes. Whisk in Dijon, salt and fresh cracked pepper. Whisk in cheddar until smooth. Stir in noodles, reserved turkey with any

Ingredients:

- 1 tsp (5 mL) vegetable oil
- 1 lb (500 g) lean ground Ontario turkey
- 1/4 cup (50 mL) butter
- 1 small onion
- 3 cloves garlic

- 1/3 cup (75 mL) all purpose flour
- 4 cups (1 L) hot milk
- 2 tbsp (25 mL) Dijon mustard
- 1/2 tsp (2 mL) each, salt and fresh cracked pepper
- 2 cups (500 mL) lightly

- packed, shredded old cheddar
- 1 lb (500 g) cooked elbow noodles
- 1 28oz (793 g) can diced seasoned tomatoes
- 1 cup (250 mL) fresh bread crumbs



► This recipe makes eight servings.

accumulated juices and diced tomatoes. Pour into a greased 13 x 9 inch (32.5 x 23 cm) baking dish. Sprinkle with

crumbs and bake in 350°F (180°C) oven until the sauce is bubbling and top is golden, about 30 minutes.

3 Let sit for 10 minutes before serving.

NEWS CANADA/ ONTARIO
TURKEY (MAKEITSUPER.CA)

YOU CAN'T GO WRONG WITH THE GIFT OF WINE

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
METRONEWS.CA

FOR MORE, VISIT
CHARLES
MACPHERSON.COM

Dear Charles:
I've been invited to a friend's cottage for the weekend. It will be the first time that I meet his extended family. What kind of gift is appropriate for a two-night cottage visit?
Gisele

Dear Gisele:

First, good on you for wanting to bring something! You will never go wrong with any one of the following items: fresh potted flowers in bloom, a homemade dessert, a bottle or two of good wine, a basket of freshly picked



► Wine doesn't cost that much, but it's the thought that counts.

berries, a selection of the latest magazines or a few DVDs for a rainy day.

All of the above items are to be left behind regardless if they are used or not.

Remember, any item should have a little card from you saying thank you for the invitation and how much you are looking forward to a wonderful weekend and meeting everyone. Have fun!

Where is the line between being well-mannered, and simply faking it?
Just sayin'

Dear Just Sayin':

What a great question! A well-mannered person always puts themselves in someone else's shoes first and never attempts to belittle others or make them

feel badly.

One of the absolute golden rules of etiquette is to make others feel good.

Someone who is polite and well-mannered will always do their best to make others around them feel comfortable, no matter how awkward the situation.

Someone who is false or disingenuous doesn't worry about others' feelings or making others feel comfortable in social situations. These people rely on what they see in the movies and on television for their cues to good manners and proper conduct.

In practice, however, nothing could be further from the truth!

CHARLES WOULD LOVE TO HEAR YOUR QUESTIONS. EMAIL HIM AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

IN DOUBT? REMEMBER INSTINCT IS EVERYTHING

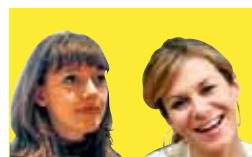
I met a great guy just as he was ending a previous relationship, and things have been great between us — he is definitely taking it slower than I would, but it feels good and not like a rebound relationship. Recently though he told me he needed space, which I expected, so instead of freaking out on him, I told him I understand. In fact, I handled it so well that he doesn't seem so sure about needing space anymore ... so what do I do the next time he asks to see me? Do it, but not know where we stand, or tell him to take some time and not come back until he's sure of his feelings?

Andrea: Dear not-rebound-girl,

I expect that this guy has done some deep thinking since his last relationship, thinking that would require of us mortals more time and space.

However, if this isn't the case, as mature and aware as he may sound, he probably isn't quite ready for something serious if his previous relationship was

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

a serious one too. After all, it's human nature to want to dull the pain of a breakup. You may be in danger of becoming the morphine to his car crash.

Despite his best intentions, space is a wise thing for you both.

It doesn't mean prison though: being able to see each other platonically can foster a deeper relationship where you respect each other as complex individuals.

From there, diving into the hot phase again will be that much more fulfilling ... Or you discover he's lame and move on. It's all good.

Claire: Dear NRG,

There are no rules for these things, which is a good and a bad thing, because like many emotionally vulnerable situations in your life, it comes down to this: what does your instinct tell you?

Do you feel that he wants what you have to give, or simply that he's accepting what you have to offer, because those are two very different things.

Do you feel at peace with what you two have, or do you spend your time feeling anxious?

Instinct is everything. Is he open with you about what he's going through? Have you met his friends? Are you taking the same amount of space in his life that you are offering him in yours?

If this relationship is meant to be, it can handle your questioning, and more.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

Oprah's coming back to us ... kind of

► Winfrey to host series recycling episodes of Oprah Winfrey Show as a 'classroom' for viewers

Oprah Winfrey is repackaging her now-ended daytime talk show to make it a key part of the lineup for OWN, her struggling cable channel.

Winfrey said Friday she will host the new series that will recycle episodes of The Oprah Winfrey Show as a "classroom" intended to help viewers improve their lives. The show, titled Own Your Life, will air weekdays at 8 p.m. ET starting Oct. 10.

Appearing at a session of the Television Critics Association to announce the revamped series and introduce Rosie O'Donnell and her new OWN show, Winfrey took the opportunity to reinforce her commitment to the channel.

ment to the channel.

Friends ask, "Are you enjoying your time in the Mediterranean?" Winfrey said. But she's not on holiday, she said, "I'm here," and working in the Los Angeles offices of OWN.

It was announced earlier this month that Winfrey was expanding her role at OWN beyond the position of chairman, taking on the additional roles of chief executive officer and chief creative officer.

Winfrey is claiming the title once held by Christina Norman, the former CEO who was dismissed in May in the wake of disappointing ratings for the channel. Norman's position has been filled in the interim



► Oprah Winfrey's cable channel, OWN, has had its share of struggles.

TV lineup

► Own Your Life will be paired with The Rosie Show, the new Rosie O'Donnell talk show that will air daily at 7 p.m. ET, right before Own Your Life. The shows will debut Oct. 10.

by Peter Liguori, the chief operating officer for Discovery Communications.

OWN, which premiered Jan. 1, is a joint venture of Discovery and Winfrey's Harpo Inc. Since Winfrey's syndicated talk show ended in May, she has pledged to devote her full energies to OWN.

Acknowledging OWN's rocky start, Winfrey said Friday that one of her biggest concerns was "aligning" the channel's executive teams, "and now we have done that."

She cited the help of

two executives who are with her Chicago-based production company, Harpo: Sheri Salata and Erik Logan, who share the title of OWN president.

Putting Winfrey on camera, as well as more prominently at the company's helm, is an attempt to turn around OWN's fortunes.

Plans had been in place to pull from the "library" of more than 4,500 Oprah Winfrey Show episodes in a show titled Oprah's Encore. But Winfrey said Friday she realized they could be better used if organized as an on-air educational tool about life.

"At Oprah's core, she is a teacher," Salata said in a release that announced a companion online course to the talk show reruns. Viewers can sign up "to reserve their spot" in class starting Friday at Oprah.com.

THE ASSOCIATED PRESS

'Just in case' money

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Canadians are continuously bombarded by headlines about record personal and family debt levels, doubts about the long-term solvency of many pension plans and the far-from-robust employment picture.

All this has created unprecedented pressure to pay down debt, and save for education and retirement.

The implication is that if only you buckle down and follow a plan you will be able to do it all.

Of course, it's a very good idea. And Canadians are taking it seriously as the accumulation of household debt has slowed and our net savings rate has risen from almost zero a couple of years ago to just under four per cent of income today.

But the problem with paying down debt and boosting savings is that most lives are not linear.

The ups and downs of living have kiboshed many a savings and debt payment plan.

My family was rocked 20 years ago when our youngest Quinn, then four,

"Just-in-case money is your greatest defence against the financial stuff life can throw at you."

ALISON'S MONEY RULE

Let's talk debt

▶ **147%** — Canada's record-high household debt-to-income ratio

▶ **65%** of Canadians have little or no debt.

came within a hair of dying from meningitis.

She survived but ended up profoundly deaf. We lost a year of income, which is tough to recover for anyone, let alone freelance writers.

I can't think of a friend or family member who hasn't fallen victim to one of life's vagaries. Often those events meant detoured careers and postponed retirements.

Unfortunately, many of them had no ready funds to draw on, so they were forced to dip into their RRSPs or their kids' RESPs (registered education savings account.)

Does this mean you should stop planning and saving? Not at all. However, do build emergency funds (a TFSA is a great place to park the money) into your savings plan.

If you experience a disaster or just an unexpected expense, what you've saved will help cushion the blow.

Even if you slightly reduce retirement or education savings in favour of emergency funds, you'll be better off in the long run because financial stuff does happen.

Oh yes, when the financial you-know-what does hit the fan and you draw down your emergency money, don't mourn — celebrate the fact you have it.

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



I polled 20 to 40-some-things throughout July on what they spend on work expenses annually.

The responses indicate that most incur thousands of dollars in costs to 'look the part.'

For example, a landscaper buys heavy duty boots and commutes long distances, an IT consultant might work from home and invest in a home office, and meanwhile a lawyer travels often and purchases expensive suits.

Save money on commuting expenses by taking public transit, switching to an alternative fuel vehicle, or carpooling.

Transit passes are eligible for a 15 per cent tax credit at transitpass.ca.

MoneySense calculated that a couple could save almost \$600 per month by moving out of the suburbs and closer to the core if they work downtown.

Not only would they pay less in car maintenance and fuel expenses by walking or biking into work, but they'd spend far less time commuting.

Work attire can be purchased at deep discounts by buying in the 'off' season, on sale or at outlet malls.

Often times, designer labels are more than 50 per cent off the rack.

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RACKING UP EXPENSES FOR WORK



▶ When buying heavy-duty work clothes, check whether your employer has a preferred 'outfitting' store with employee discounts.

If your suit needs 'tweaking', take it to a tailor and have it customized for \$50.

By sticking with classic fits and fabrics, you'll avoid premature replacement when fashion trends change.

You can spruce up nearly any outfit with an inexpensive colourful shirt or

tie. I'd recommend buying unique accessories, like broaches or bags, from local artisans.

When setting up a home office, look for clearance sales on desks and computers. I saved \$2,000 on my home office by hitting up a 'going out of business' sale.

Don't be afraid to buy

book shelves, desks, chairs or electronics second hand off Kijiji or EBay.

Many home office expenses qualify for tax credits.

Work expenses are largely unavoidable. But, be savvy and frugal by spending on work items that enhance your personal brand.

POPQUIZ

What should you do with your tax return money?

A: Hurray! Time for a shopping road trip to the US!

B: Save some, invest some, pay off debts and then reward yourself!

FIND TIPS & TRICKS

in Lesley Scorgie's Fun and Frugal Column: *What to do with your tax refund.*

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Quoted



“When I was a little boy I never expected to have my number retired. I just played the game I love.”

ROBERTO ALOMAR, THE BLUE JAYS RETIRED HIS NUMBER 12 ON SUNDAY, THE FIRST RETIRED NUMBER IN FRANCHISE HISTORY. THE TEAM REPORTED A SELLOUT CROWD OF 45,629 FOR SUNDAY'S GAME.



Scan code for more sports news.

Rotation clicking as Jays hit road

- **Morrow's 11-strikeout outing caps a strong run for Toronto starters**
- **While pitching has heated up, some key Jays bats have gone cold**

DAVID COOPER/TORSTAR NEWS SERVICE



► Brandon Morrow pitches against the Rangers on Sunday.

It began with a shutout that was followed by two more wins and then a season-debut that was mightily impressive, even if it didn't end in victory.

And after Brandon Morrow finished up the week with an 11-strikeout gem in yet another excellent bounce-back outing for the hard-throwing righty, there was one undisputed fact.

As the Jays open a six-game road trip today against the Tampa Bay Rays, the starting pitching is more than holding its own.

“I think we've been throwing the ball well for a while now,” Morrow said after holding the Texas Rangers to two runs over seven innings of Sunday's 7-3 Toronto victory.

“I think everybody in the rotation has found their stride. It's good to have (Brett) Cecil back and throwing the ball like he can, (Carlos) Villanueva's doing great and (Brad) Mills was awesome (Saturday) in his first major

The rotation



The most recent performances from the rest of the Jays starters have been solid as well.

► **Ricky Romero** began it by limiting the Baltimore Orioles to four hits over 8½ shutout innings in a 3-0 win.

league start of the season). “Just kind of one of those things where you pass the baton and you want to keep going.”

The starting pitching was able to mask some scuffling from the batting order, the kind of “we'll take care of you, you take care of us” teamwork that's necessary.

Jose Bautista hasn't had a home run in 14 games, his longest drought of the

- **Carlos Villanueva** was good enough over five innings of an 8-5 triumph Thursday to run his record to 6-2.
- **Brett Cecil** dominated the hard-hitting Rangers for seven impressive innings in a 3-2 Toronto victory the next night.
- **Brad Mills** made his season debut in the big leagues on Saturday and even though he was tagged with the loss in a 3-0 setback, he did more than enough in a two-run, seven-inning outing to keep his spot in the rotation.

season, Adam Lind is just 4-for-36 over his last nine games and Travis Snider has seen his production drop off so quickly after a torrid post-recall start (5-for-31 with no homers in eight games) he was out of the starting lineup against two Texas lefties on the weekend.

“I don't think we're at the point of saying Travis is solely a platoon guy,” said manager John Farrell.

But what the Jays have now is a roster with more options for the manager. He can mix and match as he sees fit — Rajai Davis was in left Sunday, Edwin Encarnacion played first base for two games, J.P. Arencibia was the designated hitter Sunday — and the inevitable call-up of third baseman Brett Lawrie will make it even easier for the manager to dole out playing time solely on merit.

“I think competition brings out the best in players and yes, we're at the point where performance is weighed into the equation of spots in the lineup and playing time,” he said Sunday.

“At some point you have young players come to the major leagues, you have to provide an opportunity not only to transition but to get to the point of being established, but when you bring multiple guys of similar skills and similar abilities, ultimately performance wins out.”

TORSTAR NEWS SERVICE

Moss ends NFL career, leaving legacy up for debate

Randy Moss is calling it a career after 13 seasons in the NFL as one of the most dynamic and polarizing players the league has ever seen.

Moss's agent, Joel Segal, said yesterday that the receiver was considering offers from several teams, but made the decision to retire. Segal declined to comment specifically on the offers, instead saying his 34-year-old client felt the time was right to step away.

“Randy has weighed his options and considered the offers and has decided to retire,” Segal said.

If this indeed is the end for Moss, he leaves the game with some of the gaudiest statistics ever posted by a receiver. His 153 touchdowns are tied with Terrell Owens for second on the career list, and he's also fifth in yards (14,858) and tied with Hines Ward for eighth in receptions (954).

Those numbers, and his status as perhaps the best deep threat in NFL history, will make him a strong candidate for the Hall of Fame. But voters will also be weighing those numbers and his six Pro Bowl seasons against a history of boorish behaviour and a penchant for taking plays off when he lost interest in the game.

His career started with seven electric seasons with the Minnesota Vikings before he went dormant for two years in Oakland. He re-emerged as a force with the New England Patriots in 2007, hauling in a single-season record 23 TD passes from Tom Brady to help the Patriots reach the Super Bowl.

THE ASSOCIATED PRESS

JAMIE SQUIRE/GETTY IMAGES



► Randy Moss

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	66	41	.617	—
New York	65	42	.607	1
Tampa Bay	56	51	.523	10
Toronto	55	53	.509	11½
Baltimore	42	63	.400	23

CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	57	51	.528	—
Cleveland	54	52	.509	2
Chicago	52	55	.486	4½
Minnesota	50	58	.463	7
Kansas City	46	62	.426	11

WEST DIVISION				
	W	L	Pct	GB
Texas	61	48	.560	—
Los Angeles	59	50	.541	2
Oakland	49	59	.454	11½
Seattle	45	62	.421	15

Last night's results
Cleveland 9 Boston 6
N.Y. Yankees 3 Chicago White Sox 2
Oakland at Seattle

Sunday's results
Toronto 7 Texas 3
Tampa Bay 8 Seattle 1
Kansas City 5 Cleveland 3
Oakland 7 Minnesota 3
Detroit 3 L.A. Angels 2
N.Y. Yankees 4 Baltimore 2
Boston 5 Chicago White Sox 3

Tonight's games
All times Eastern
Texas (C.Lewis 10-8) at Detroit (Scherzer 11-6), 7:05 p.m.
Cleveland (D.Huff 1-1) at Boston (Beckett 9-4), 7:10 p.m.

Toronto (R.Romero 8-9) at Tampa Bay (Price 9-9), 7:10 p.m.
Baltimore (Simon 2-4) at Kansas City (Chen 5-4), 8:10 p.m.
N.Y. Yankees (P.Hughes 1-3) at Chicago White Sox (Danks 4-8), 8:10 p.m.
Minnesota (Duensing 8-8) at L.A. Angels (E.Santana 6-8), 10:05 p.m.
Oakland (Harden 2-1) at Seattle (F.Hernandez 9-9), 10:10 p.m.

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Bautista	340	78	110	31	71	.324
Escobar	377	58	115	9	39	.305
Molina	116	15	35	2	9	.302
Thames	165	27	47	5	22	.285
Lind	323	43	90	19	59	.279
Encarnacion	304	41	82	9	29	.270
Davis	302	42	72	1	27	.238
Snider	174	21	41	3	30	.236
Hill	340	35	79	5	38	.232
McDonald	148	17	33	2	17	.223
Arenchibia	293	35	65	17	49	.222
Teahen	119	11	24	3	11	.202
Rasmus	16	1	2	0	2	.125
PITCHERS	W	L	SV	IP	SO	ERA
Millis	0	1	0	7.0	5	2.57
Janssen	3	1	3	31.2	28	2.84
Romero	8	9	0	143.0	126	3.08
Villanueva	6	2	0	95.0	62	3.60
Raich	4	3	9	44.1	31	4.06
Cecil	4	4	0	64.1	48	4.34
Morrow	8	5	0	112.0	133	4.58
Francisco	1	4	10	32.2	37	4.68
Litsch	4	3	0	47.1	39	4.75
Camp	1	1	1	45.0	20	5.20
Ledeza	0	0	0	2.0	2	9.00
Miller	0	0	0	1.0	1	9.00

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	69	39	.639	—
Atlanta	63	47	.573	7
New York	55	54	.505	14½
Florida	54	55	.495	15½
Washington	52	56	.481	17

CENTRAL DIVISION				
	W	L	Pct	GB
Milwaukee	61	49	.555	—
St. Louis	57	52	.523	3½
Pittsburgh	54	53	.505	5½
Cincinnati	53	56	.486	7½
Chicago	44	65	.404	16½
Houston	36	73	.330	24½

WEST DIVISION				
	W	L	Pct	GB
San Francisco	61	47	.565	—
Arizona	59	49	.546	2
Colorado	51	58	.468	10½
Los Angeles	48	59	.449	12½
San Diego	47	62	.431	14½

Last night's results
Florida 7 N.Y. Mets 3 (10 inn.)
Houston 4 Cincinnati 3 (10 inn.)
Philadelphia 4 Colorado 3 (10 inn.)
Chicago Cubs 5 Pittsburgh 3
Washington 5 Atlanta 3
Milwaukee 6 St. Louis 2
L.A. Dodgers at San Diego
Arizona at San Francisco

Sunday's results
Arizona 6 L.A. Dodgers 3
Philadelphia 6 Pittsburgh 5 (10 inn.)
Washington 3 N.Y. Mets 2
Florida 3 Atlanta 1
San Diego 8 Colorado 3
Cincinnati 9 San Francisco 0
Milwaukee 5 Houston 4
Chicago Cubs 6 St. Louis 3

Tonight's games
All times Eastern
Atlanta (D.Lowe 6-9) at Washington (Lannan 7-7), 7:05 p.m.
Chicago Cubs (R.Wells 2-4) at Pittsburgh (Correa 12-8), 7:05 p.m.
Florida (Hand 1-3) at N.Y. Mets (Capuano 9-10), 7:10 p.m.
Cincinnati (H.Bailey 5-5) at Houston (W.Rodriguez 7-7), 8:05 p.m.
St. Louis (J.Garcia 10-5) at Milwaukee (Marcum 10-3), 8:10 p.m.
Philadelphia (K.Kendrick 5-5) at Colorado (A.Cook 2-5), 8:40 p.m.
L.A. Dodgers (Kuroda 6-13) at San Diego (Latos 5-10), 10:05 p.m.
Arizona (D.Hudson 10-7) at San Francisco (Lincecum 9-8), 10:15 p.m.

NL LEADERS

	G	AB	R	H	Av.
JosReyes NYM	93	410	78	140	.341
Braun Mil	98	360	68	116	.322
DanMurphy NYM	104	376	47	120	.319
Votto Cin	107	398	68	127	.319
Kemp LAD	107	388	64	123	.317
Morse Wash	96	330	46	103	.312
Helton Col	96	322	45	100	.311
Holliday STL	82	290	55	90	.310
Pence Phi	102	408	51	125	.306
McCann Atl	91	333	43	102	.306
Runs —JosReyes, NY, 78; Stubbs, Cin., 72; R.Wells, Mil., 71; J.Upton, Arz., 68; Votto, Cin., 68.					
RBI —Kemp, LA, 62; Howard, Phil., 81; Fielder, Mil., 76; Tulowitzki, Col., 73; Berkman, STL, 72.					
Hits —JosReyes, NY, 140; S.Castro, Chi., 133; Bourn, Hou., 130; Votto, Cin., 127; Pence, Phil., 125.					
Doubles —Beltran, SF, 30; J.Upton, Arz., 30.					

Last night's games not included

SUNDAY

BLUE JAYS 7, RANGERS 3

Texas	ab	r	h	bi	Toronto	ab	r	h	bi
EnChvez cf	4	0	0	0	RDavis lf	3	1	1	0
Quntill 2b	4	0	0	0	Rasmus cf	4	1	2	2
JHmln lf	4	2	2	0	Bautista 3b	2	1	0	0
MYong 3b	4	1	2	1	Encnc lb	3	1	1	2
Napoli dh	4	0	2	2	Teahen ph-1b	1	0	0	0
Morind 1b	3	0	0	0	ETHms rf	4	0	0	0
Tegrdn c	4	0	1	0	JMolin c	4	1	0	0
DvMwp rf	4	0	2	0	A.Hill 2b	3	1	1	0
ABlanc ss	4	0	0	0	JMcDnl ss	3	0	1	1
Arenci dh	3	1	1	1					
Totals	35	3	9	3	Totals	30	7	6	6
Texas		000	002	010	3				
Toronto		211	300	00x	7				

E—J.Hamilton (4), A.Blanco (3). DP—Texas 1.
LOB—Texas 7, Toronto 2. 2B—J.Hamilton (21), Mi.Young (33), Napoli (15), R.Davis (19), Rasmus (1). HR—Encarnacion (9). SB—Jo.McDonald (2). CS—En.Chavez (3), Jo.McDonald (3).

	IP	H	R	ER	BB	SO
Texas						
C.Wilson LA-10.5	3½	7	7	5	3	2
Tateyama	1½	0	0	0	0	2
Rhodes	1	0	0	0	0	0
Uehara	1	0	0	0	0	2
Feldman	1	0	0	0	0	0
Toronto						
Morrow W,8-5	7	6	2	2	2	11
T.Miller	½	1	1	1	0	0
Janssen	½	1	0	0	0	0
F.Francisco	1	1	0	0	0	2
WP—C.Wilson 2, Morrow.						
T—24-2. A—45,629 (49,260).						

AL LEADERS

	G	AB	R	H	Av.
AdGonzalez Bos	104	429	75	153	.357
MYYoung Tex	107	426	54	143	.336
Kotchman TB	92	313	28	102	.326
Bautista Tor	97	340	78	110	.324
Ellisbur Bos	105	433	81	139	.321
VMartinez Det	93	344	47	109	.317
JhPeralta Det	97	348	46	110	.316
McCabrera Det	108	376	73	117	.311
Pedroia Bos	103	414	73	128	.309
YEScobar Tor	98	377	58	115	.305
Runs —Granderson, New York, 94; Ellisbur, Boston, 81; Bautista, Toronto, 78 ; AdGonzalez, Boston, 75; McCabrera, Detroit, 73; Pedroia, Boston, 73; Kinsler, Texas, 72.					
RBI —AdGonzalez, Boston, 90; Teixeira, New York, 79; Granderson, New York, 78; Beltrre, Texas, 76; Konerko, Chicago, 76; Youkilis, Boston, 74; MYYoung, Texas, 73.					
Hits —AdGonzalez, Bos., 153; MYYoung, Texas, 143; Ellisbur, Bos., 139; McCabrera, KC, 137.					
Doubles —Zobrist, Tampa Bay, 34; MYYoung, Texas, 33; AdGonzalez, Boston, 32; AGordon, Kansas City, 31.					
Triples —Granderson, New York, 8; Bourjos, Los Angeles, 7; AJackson, Detroit, 7; RDavis, Toronto, 6 ; Gardner, New York, 6; Aybar, Los Angeles, 5; Cano, New York, 5; Crisp, Oakland, 5; JWeeks, Oakland, 5; Zobrist, Tampa Bay, 5.					
Home Runs — Bautista, Toronto, 31 ; Teixeira, NY, 29; Granderson, NY, 28; Konerko, Chi., 25; NCruz, Texas, 23; MarReynolds, Baltimore, 23.					
Stolen Bases —Crisp, Oakland, 32; Gardner, NY, 32; RDavis, Toronto, 31 ; Seabert, Boston, 31; Andrus, Texas, 30; ISuzuki, Seattle, 28; Aybar, Los Angeles, 23; BUpton, Tampa Bay, 23.					
Pitching —Verlander, Det., 15-5; Sabathia, NY, 15-5; Weaver, LA, 14-5.					
Strikeouts —Verlander, Det., 178; Sabathia, NY, 156; FHernandez, Sea, 153; Shields, TB, 153.					
Saves —Valverde, Det., 28; MaRivera, NY, 27.					

Last night's games not included

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	5	4	1	0	124	94	8
Montreal	5	3	2	0	159	129	6
Hamilton	5	3	2	0	132	112	6
Toronto	5	1	4	0	105	142	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	5	5	0	0	153	99	10
Calgary	5	3	2	0	117	117	6
Saskatchewan	5	1	4	0	101	160	2
B.C.	5	0	5	0	126	161	0

WEEK SIX

Thursday's game

All times Eastern
Montreal at Toronto, 7:30 p.m.

Friday's games

Edmonton at Winnipeg, 7:30 p.m.

Saskatchewan at B.C., 10:30 p.m.

Saturday's game

Hamilton at Calgary, 9:30 p.m.

SCORING LEADERS

	TD	C	FG	S	Pts
Whyte, Mtl	0	17	13	1	57
Duval, Edm	0	16	11	8	57
Palardy, Wpg	0	9	15	2	56
Medlock, Ham	0	13	12	3	51
McCallum, BC	0	11	12	1	48
E.Johnson, Sask	0	10	9	4	41
Paredes, Cal	0	8	9	3	38
Prefontaine, Tor	0	8	8	0	32
Kackert, Tor	5	0	0	0	30
Stala, Ham	5	0	0	0	30
Stamps, Edm	5	0	0	0	30

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	22	9	6	7	24	20	34
Philadelphia	20	8	5	7	25	18	31
New York	23	6	5	12	37	30	30
Kansas City	21	6	6	9	29	28	27
Houston	22	6	7	9	27	27	27
D.C. United	20	6	6	8	26	30	26
New England	22	4	9	9	20	30	21
Toronto	24	3	11	10	21	43	19
Chicago	20	2	6	12	20	25	18

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	23	12	2	9	32	16	4

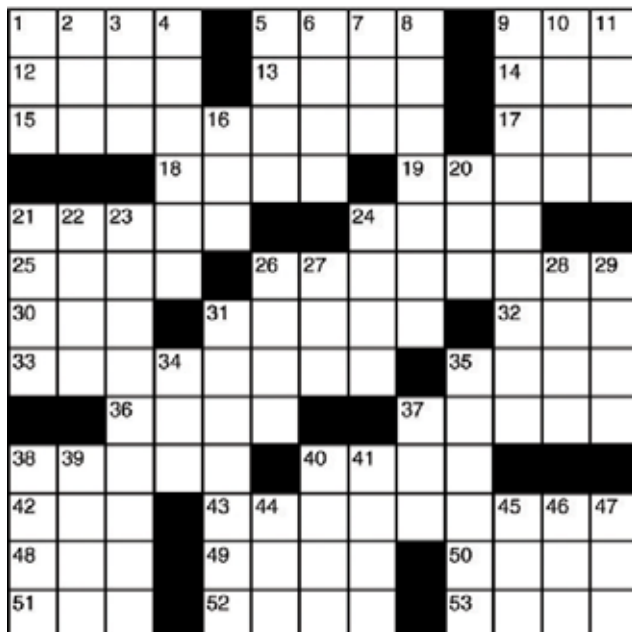
Crossword

Across

1 Wound reminder
5 Conceal
9 Second-stringer
12 Tittle
13 Press clothing
14 Paid player
15 Named in detail
17 Maestro de Waart
18 Barbra's A Star Is Born co-star
19 Happen
21 Bewildered
24 Fresh kid
25 NYPD rank
26 Go where you shouldn't
30 Eisenhower
31 Cell, e.g.
32 Pirouette pivot
33 Adorn
35 Staff
36 Military group
37 Connected to the Internet
38 Big fracas
40 String instruments
42 Eggs
43 Marking with bits of color
48 Favourite
49 Poi base
50 Unsigned (Abbr.)
51 Away from WSW
52 Ugly duckling, eventually
53 Invitation initialism

Down

1 Family member
2 Police officer
3 Chowd down
4 Din

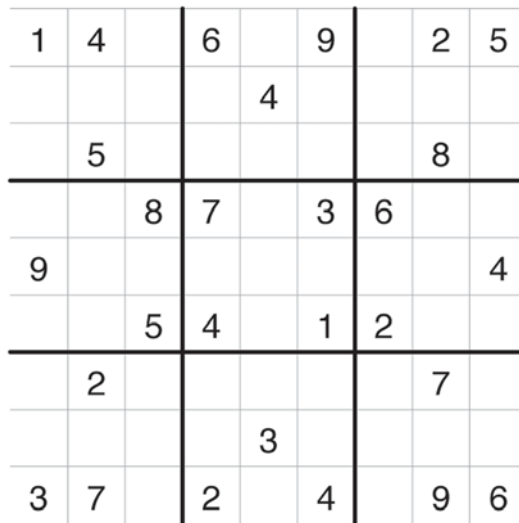


5 Stereo setup
6 Eye part
7 Fawn's mama
8 Sign the back of a check
9 Bleacherite
10 Pakistani language
11 Loutish sort
16 A Gershwin
20 Upper limit
21 Alkali neutralizer
22 Snatch
23 Guess
24 Part of N.B.
26 What this isn't
27 Deteriorate
28 Unrivaled
29 Burpee wares
31 Church VIPs
34 Inseparable
35 Obelisk, for instance
37 Stir-fry pan
38 Sulk
39 Tied
40 Designer Wang
41 PC picture
44 Dog's foot
45 Office holders
46 Thanksgiving mo.
47 Econ. indicator

Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►

2	8	7	6	5	1	3	9	4
6	1	5	3	9	4	2	7	8
3	4	9	2	7	8	1	5	6
5	7	6	1	4	3	8	2	9
8	2	4	9	6	5	7	3	1
1	9	3	7	8	2	4	6	5
4	3	2	5	1	9	6	8	7
7	5	8	4	2	6	9	1	3
9	6	1	8	3	7	5	4	2

A look at the weather

TODAY
☀ Min 9°
☀ Max 24°

WEDNESDAY
💧 Min 14°
💧 Max 21°

THURSDAY
☀ Min 14°
☀ Max 22°

Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM



Today's horoscope

♈ **Aries** March 21-April 20 Success is all but guaranteed whatever you do but it will be greater if you focus on what you are passionate about.

♉ **Taurus** April 21-May 21 Give others the freedom you quite rightly expect for yourself — it's only fair.

♊ **Gemini** May 22-June 21 If you force yourself to stay at home or in the office you will get frustrated and pick fights with family and friends.

♋ **Cancer** June 22-July 22 Focus

on your career and how you can make extra money from your creative talents.

♌ **Leo** July 23-Aug. 23 Treat everyone you meet as a potential friend and before you know it they will be doing most of your work for you.

♍ **Virgo** Aug. 24-Sept. 22 Change yourself and everything else will change too.

♎ **Libra** Sept. 23-Oct. 23 Don't worry: your big gamble will pay off.

♏ **Scorpio** Oct. 24-Nov. 22 The sun in the career area of your chart will bring both opportunities and

For today's crossword answers and for expanded horoscopes, go to metronews.ca

challenges.

♐ **Sagittarius** Nov. 23-Dec. 21 Think big, and act big too.

♑ **Capricorn** Dec. 22-Jan. 20 If you give away too much information about yourself today you will regret it for some time to come.

♒ **Aquarius** Jan. 21-Feb. 18 You must expect a certain amount of resistance from those you deal with on a one-to-one basis.

♓ **Pisces** Feb. 19-March 20. You'll have extra reserves of energy, and you're going to need them. ● SALLY BROMPTON

Caption contest



STEVE PARSONS/THE ASSOCIATED PRESS



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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